



HEALING WITH OXYGEN

PART 3 (FINAL)

(This is part 3 of an article extracted from an USA magazine called "Now What". We strongly suggest that you buy Nexus #9 and #10 if you want the full story ...)

CHLORINATED WATER & HEART DISEASE

Over twenty years ago Dr Joseph M Price demonstrated the undeniable connection between the practice of chlorinating water supplies and arteriosclerosis, in which a plaque composed mainly of cholesterol builds up inside arteries, resulting eventually in heart attacks and strokes.

Cholesterol is a lipid (fatty) substance present in all animal cells and essential to life; it's a precursor for many common biochemical compounds. But when excess chlorine has been absorbed from drinking chlorinated water, it reacts with some of the cholesterol in the blood, forming the yellowish fatty deposits that accumulate along artery walls, narrowing and hardening them, and often causing ruptures.

The fact that the buildup is mostly cholesterol has led to the common assumption that the amount of cholesterol consumed is what determines susceptibility to heart disease. But while reducing cholesterol intake can lower risk somewhat, the theory that cholesterol is the sole cause of heart attacks has serious flaws.

It ignores the fact that heart attacks were virtually unknown until this century, when chlorination of water began, and they

remain quite rare in places such as China as long as the practice is not adopted. It also does not explain how people such as eskimos with massive cholesterol intakes remain free of heart disease.

Nor does it account for the buildup of a chemically similar deposit on inorganic surfaces where chlorine and cholesterol come in contact, such as in containers and hoses which are washed in chlorinated water, then used in dairies for handling milk,

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which of course is full of cholesterol. This and much related evidence is detailed in Dr Price's 1969 book, "Coronaries, Cholesterol, Chlorine" (Jove Books, NY, USA).

Chlorine in water also reacts with other substances present to form such carcinogens as chloroform and assorted organic halides. Chlorine, fluorine, iodine and bromine are known as halogens ('salt-formers'). These all have seven electrons in the outer orbits, so to fill in the eighth they readily latch on to electrons in other atoms. Since they seldom

part with electrons, they and their compounds tend to be very non-conductive, so their roles in our conductive processes come to a grinding halt. Their relative scarcity is a lucky break for life in general.

The effectiveness of H₂O₂ or ozone in reversing arteriosclerosis is due to the scouring effect of the active single oxygen released, which oxidises the accumulated lipids from arterial walls, restoring the arteries' flexibility and capacity.

RATIONAL WATER PURIFICATION

Strangely enough, the chlorine added to water supplies doesn't itself directly kill germs; it causes the water to release single oxygen atoms, which then oxidize the germs.

So chlorination is basically a roundabout, expensive, toxic and less effective way of doing the same thing as ozone or H₂O₂ in water.

Despite the effectiveness in Europe of ozone and H₂O₂ in water supplies, and the increasingly obvious link between chlorination and heart disease, it will take sustained public pressure to get water authorities to make the transition soon. Until then everyone's pretty much on their own as far as obtaining safe drinking water, or purifying what's available. H₂O₂ will clean up most tap water, though the amount needed varies widely, and an effective quantity tends to be close to the amount that makes the water metallic-tasting. Ozone, on the other hand, purifies water without altering the taste too much.

One can absorb as much chlorine through the skin from



swimming in a pool treated with it, as from drinking chlorinated tap water. To prevent this, some pool and spa owners are switching to adding H_2O_2 , or using ozone generators, although those represent a much greater initial expense.

FDA, AMA AND ACCOMPLICES COULD FACE MASSIVE LAWSUITS

The US medical establishment's collective disregard of the oxygen therapy option has enabled breathtaking sums of money to flow into the drug industry, but has also caused enormous suffering for those denied the alternatives.

Whether this was intended or "just happened", the effect has been the same as deliberately allowing millions to die of poisoning (from toxic by-products of inadequate oxidation) while withholding the antidote.

Practically everybody has known someone unnecessarily struck down by one of many diseases which could have been reversed if oxygen therapy had been widely available.

As public awareness of this situation grows, those agencies seen as responsible could face un-precedented wrongful death lawsuits.

So for those who control the primary medical information channels, the safest thing to do is recognise that the game is up, if that's what it's been, and get in on publicising this breakthrough in their own professional style. That way while helping others they can protect themselves from potentially disastrous future legal judgements.

OTHER APPLICATIONS OF H_2O_2 : ANIMALS

The health of other mammals and birds, like our own, depends on maintaining a high internal oxygen tension. Not only can their diseases be reversed by dosing them with H_2O_2 , but they grow bigger and stronger and live longer when it's added regularly to their drinking water. Given a choice between plain water and water containing up to 0.1% of H_2O_2 , animals will choose the oxygenated water. One rancher

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said after he started adding H_2O_2 to his horses' watering trough, his dog took to jumping the fence to drink from the trough, instead of from his bowl of ordinary water. The dog resumed drinking from his bowl when H_2O_2 was added to it also.

Kittens who are given 0.5% H_2O_2 through a dropper, to ward off colds and other infections, will grow up familiarised with the taste and apparently don't mind it even at that strength; as adult cats they'll voluntarily drink it right off the end of the dropper when it's offered, usually taking about one or two teaspoons at a time.

Such cats appear to be immune to infections of feline leukemia, despite frequent

exposures in areas where the disease is common.

Cats who have already contracted FL can be pulled out of it if an oral H_2O_2 regimen is started soon enough. One to two tablespoons of 1%, three times a day, seems to be enough. Some vets might be willing to provide H_2O_2 IV's as well, though these need to be slow infusions (around $1/2$), and with cats that could be a bit tricky.

As with humans, animals' wounds remain uninfected and heal more rapidly when they are cleaned daily with 2% H_2O_2 . Even bites that have already abscessed can be washed out with H_2O_2 ; the dead matter comes away, the inflammation goes down and good granular tissue forms swiftly.

Robert Stroud, the "Birdman of Alcatraz", reported in his highly respected book "The Diseases of Birds" that he administered 0.75% strength H_2O_2 to his birds to knock out a wide range of disorders. Also, a few drops added to birds' drinking water appears to increase their energy, longevity and fertility.

H_2O_2 AND AGRICULTURE

Although plants take in CO_2 and release a net excess of oxygen during photosynthesis, their own metabolisms and immune systems require a high internal oxygen saturation for reasons similar to our own. After dark they must absorb some oxygen from the air to keep their own cells alive, which is why the potted plants are often removed from hospital rooms during the night.

Oxygen starvation is killing entire forests downwind from regions that generate heavy air



pollution. It can readily be demonstrated that lowering the oxygen level around plants slows their growth rate and weakens their resistance to pests and infections.

Anyone can also verify by experiment that plants grow stronger and faster when H_2O_2 is added to their water, at one part 35% H_2O_2 to 300 - 400 parts water.

Optimum concentrations will vary slightly among different species. Even adult trees that are struggling with disease or drought can usually be restored to good health by spraying with a mild solution of oxygen water.

An excellent article entitled "Farming with H_2O_2 " appeared in the October 1988 issue of "Acres USA".

It covers livestock applications of H_2O_2 , as well as soaking seeds in H_2O_2 for vastly improved germination, plus as a foliar feed in the form of a spray.

OXIDATION AND WEIGHT PROBLEMS

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If there are no extended breaks from eating in which to

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burn off the extra stored fuel, it continues to accumulate and interferes with free movement, among other things.

The added weight compresses the body's cells, further restricting their oxygen supply and intensifying their

sensation of under-nourishment, to which the usual response is greater food consumption.

A higher oxygen level allows the body to oxidise its fuel more effectively, including fuel that was stored away for hard times that never came.

More efficient oxidation provides greater energy and nourishment from less food, eliminating inaccurate hunger signals and letting the body's weight drop to its optimum range.

It should be mentioned in passing that oral use of H_2O_2 does not harm the beneficial bacteria that aid in digestion, though it will eliminate those which live on fermentation rather than oxidation of organic matter.

Clearly when the body is at an optimum oxygen saturation, any bacteria necessary for digestion would have to be able to tolerate the same high oxygen levels in order to co-exist.

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OXYGEN AND TEMPERATURE CONTROL

Some Tibetan monks are reported to be able to internally generate enough body warmth to keep from freezing in sub-zero temperatures, overnight without protective clothing, while even drying out wet sheets draped over their shoulders.

Supposedly there was a time when many people were able to keep warm in this way, by summoning the heat directly from dormant energy in their own cells, rather than burning dried up chunks of old departed carbon life forms.

Body warmth comes from oxidation so staying warm should have been easier with a higher level of free oxygen in the air.

The monks' temperature-control feat partly involves raising their internal oxygen tension through breathing exercises.

H₂O₂ WARNINGS

It is extremely important for those using 35% H₂O₂ to handle and store it as carefully as any other potentially dangerous disinfectant. Although it is highly beneficial when diluted to low concentrations, if undiluted it is a powerful oxidiser that can do serious internal damage. No solutions stronger than two percent are indicated for internal use, and that concentration is only for the swish method, where the H₂O₂ is kept in the mouth for several minutes before swallowing. When chugging it down straight, one half of one percent (0.5%) is about the most one can comfortably handle. For comparison, H₂O₂ IV's use no more than .035% strength, or one part in a thousand, at about 250cc's per infusion.

Pure 35% H₂O₂ should never be left anywhere within reach of children, or transferred to an unlabelled container. It keeps best

in the freezer; at that concentration it won't crystallise until it gets down around 33 degrees below zero. If it freezes in a regular domestic freezer, toss it out and find a different source.

It is clearly time to start grasping the importance of oxygen in maintaining health and sanity, and to start taking steps to ensure an adequate internal supply for the duration of the atmospheric oxygen crisis. **N**

(This information is given for research and educational purposes only, and is not intended to prescribe treatment).

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PO Box 768
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